



Attorney General Bill Schuette's **SeniorBrigade**

A MICHIGAN SENIORS INITIATIVE



November 2012
Number 31

**Don't let the
FLU
bug you!** 

It's that time
again...

Flu Season

The Centers for Disease Control and Prevention recommend that everyone six months and older get a flu vaccine.

Unsure where to get vaccinated?

Click [here](#) to find a clinic near you!

Flu Symptoms:

- Fever (over 100.5F);
- Muscle aches or headache;
- Extreme tiredness;
- Cough, sore throat, runny or stuffy nose; and
- Nausea, vomiting, and diarrhea.

National Family Caregivers Month

November is National Family Caregivers Month. The National Family Caregivers Association estimates that more than 29% of the United States population provides care to a family member. According to the AARP Public Policy Institute, during 2011 over 1.4 million Michigan citizens provided care to a member of the family.

Need assistance or resources? Click below for additional caregiving information.



Caregiving Tips and Hints

1. Take time for **YOU!**
2. Be willing to accept help from others.
3. Be aware of signs of depression.
4. Know that your time and energy makes a difference!
5. Find effective and fun ways to manage stress.
6. Take advantage of programs that assist caregivers.

Meet the Senior Brigade Team!



Front left to right:
Mary Merza, Robert Sacco, Jodi Speck

Back left to right:
David Rumminger, Helen Love, Donald Miller, Stephanie Anthony, Justine Bykowski, Susan Peters, Suzy Khoury, Sandra Cherry, Kristine Zryini, Dawn Eldred, Allison Bonacci, Karen Love, Paula Ramelis, Nancy Burgeson, Lori Young, William Womer.

Not pictured:
Angela Branch
Anita Salustro